

A woman with long brown hair is floating on her back in dark, rippling water. She has her eyes closed and a peaceful expression. A thick, old book is resting on her chest, and her hands are slightly raised above the water surface.

Emme Evlyn

Drowning in the deep end

the thoughts of a mentally
ill teen

Lost in my own maze

Books

Not all books are for the light-hearted. They are filled with sorrows
not every person could handle .

A book with things not all words could describe
A book with stories that put you in another shoes

A book with words just words but how
How could words feel so deep
How could they cut into your skin make you feel things you've never
felt before

Words that put you in another world
A city ,a house ,someone else's mind
A whole new person
A place you've never been . . .
A place you couldn't even have imagined
A place you never thought would be
A place that feels so distant
And yet you're holding it in you're very hands



I'm scared

Scared of getting old
Not growing up seeing the real
world doing adult shit
It's more knowing the people
around you won't be there
forever
Be it friends or enemies
People to trust people to not

Growing old reaching the end of
your life so close to losing
all those memories
The ones you thought would last
forever
Forgetting the people that you
held so dear to your heart
Forgetting even the biggest
aspects of your life
Forgetting your name
Forgetting who you are



I'm so tired

I'm so tired

So tired I could barely do
simple things

Brush my teeth

Taks a short shower or just a
shower

Changing my clothes

Even taking care of myself

And just being alive

I wish I was who I used to be

Not having to worry about
simple things

Not having to worry about
finishing things before
deadlines

Not having to worry about
others thoughts

Not having to worry about
getting up in the morning

Missing the important parts of
life

Eating too much or too little

Worrying about the way I look

Doing things I know will not
help me

I wish I could just stare in
the mirror

For just one minute without
thinking how much I can't
stand myself

Just because of how I look

How long my hair is

How large my stomach looks

How yellow my teeth are

How wide my face is

The length of the tiny strands
of hair growing in between my
eyes and around my are getting

I don't think I could even
compliment a single thing



Depression

Having depression is like being
black and white color blind
you are being constantly
reminded about
how colorful the world is.



Smile

Our childhood photos may
be ugly but at least our
smiles weren't fake



RULES

RULE #1

Don't let does who have not
been in your shoes tell
you how to tie your laces

RULE #2

Your mind and body are yours
Don't let others claim them

RULE #3

The "truth" is your point of
view
It always changes
Bickering about it won't solve
your problems

RULE #4

Don't assume
the emotional point of view
of others

RULE #5

Happiness is where you look for
it

RULE #6

A government's truth is often
like a pyramid scheme

RULE #7

Talent is earned not received
A feeling of worth

The feeling of worth
Is filling a glass
And choosing to think that it
is half empty
Or filled half way
Or pouring it out
For the hell of it

Alive?

Being alive
without a purpose
of oneself
Is equivalent to reading a
picture book blind folded



Worth

Worth isn't handed out
unconsciously
Staring at the water won't
quench your thirst
Nor will pouring it down the
drain
Only allowing yourself to take
it in will



What I deserve

Call me a name

Hate me till I die

Bury me alive

Because it's what I deserve



A scab

I'm just a scab
I sit there
Trying to help
But
all I do is cause pain and I
irritation
You pick me off
Over and over
Though I just keep coming back
Just to make you bleed



And if you're still breathing,
 you're the lucky ones
 'Cause most of us are heaving
 through corrupted lungs
 Setting fire to our insides for
 fun
 Collecting names of the lovers
 that went wrong
 The lovers that went wrong

And if you're still bleeding,
 you're the lucky ones
 'Cause most of our feelings,
 they are dead and they are gone
 We're setting fire to our
 insides for fun
 Collecting pictures from a
 flood that wrecked our home
 It was a flood that wrecked
 this home

And if you're in love, then you
 are the lucky one
 'Cause most of us are bitter
 over someone
 Setting fire to our insides for
 fun
 To distract our hearts from
 ever missing them
 But I'm forever missing them

-youth by daughter

The musical score is written for piano and voice. It consists of five systems of music. The first two systems (measures 1-8) are instrumental, featuring a piano introduction with a steady eighth-note bass line and a melody in the treble clef. The third system (measures 9-11) begins the 'Verse' and includes the lyrics 'Shadows set - tle on the place...'. The fourth system (measures 12-13) continues the verse with the lyrics 'that you left...'. The fifth system (measures 14-15) concludes the verse with the lyrics 'Our minds are troubled by the emp-'. The piano accompaniment features a consistent eighth-note bass line throughout the verse, while the vocal melody is composed of quarter and eighth notes.

A broken record

I feel like a broken record but
I can't stop talking
A broken record
That's what I am
I repeat the same shit
Nonstop
I can't help it
I'm a broken record
That's what I am
So broken it can't be fixed



losing yourself

forgiveness,
you once promised me until the
end of time
But not but a smile
Only to forever die



Why

Why did it come to this?
Why did it take so long?
blighted, sordid
a minute, a second
there is only loss and grief
So will be
Dearly departed from myself



goodbye

Say goodbye once again
tormented, soulless
You lose it all
there is only torment and pain
In the end the shadow of who
you were
fades



Don't waste a tear for me
a dream faded by the years
I get down on my knees
To hope I remember
the pain afflicts
your love lost in the years
a dream washed away by time
And those we lost ,but never
found



Say good night

Say good night
Troubled by all my dreams
there is only tormented fear
you once promised me forever
I wish it was true
Maybe one day
You will keep that promise



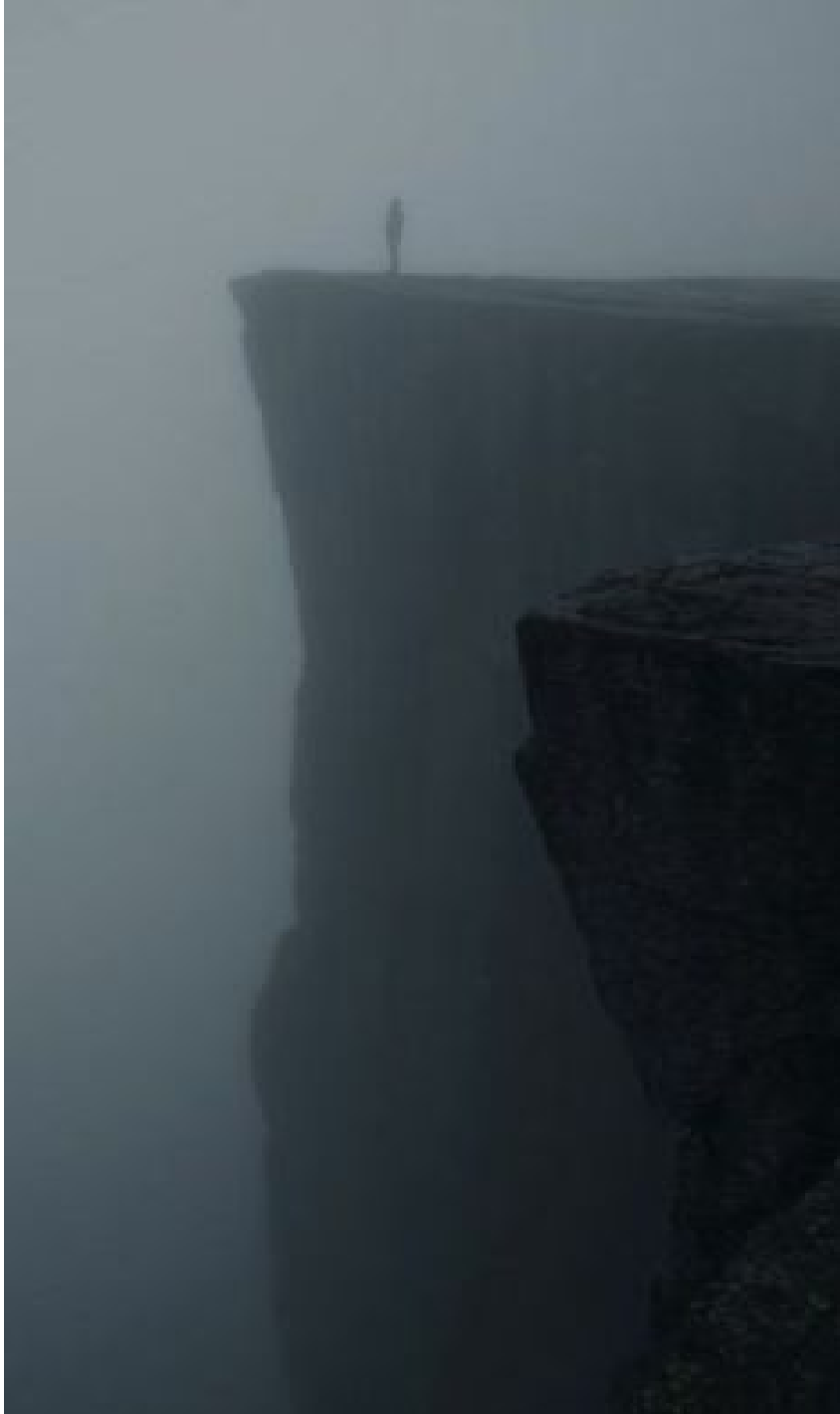
I am a mess
One that can't be cleaned
One that's stuck like a stain
No matter how hard you try I'm
still there



They say, all good things must
come to an end
I am a broken dream
A messed up commitment
don't grieve for me
darkness is my only friend
But
I am still here
Stuck in memories unable to
escape



Time is precious,
as life slips away
shed a tear for time
alive?
I am not
As the pain eats away
I mourn for what I once had



Oil and water

My love

It was that my love wasn't enough.
It was never for you,
It was the like the truth;
that water & oil will never be the same,
Enough to become one
I wish we could exist together
but that never will be a truth or a claim to believe
It wasn't meant to be
Just like what isn't meant to be, will never be
No matter the hope & effort between the two.



Nothing Left To Lose

Not even life
I don't know what to do.
To get me back I've got nothing
left to lose;
I'm stuck in an endless pit
I've dug myself.
All bridges have fallen;
I guess there's no way out.
Who I was, is lost.



They say that happiness will
find you,
I think the others look for you
too,
It sneaks up on you in dark
when you think the woods are
far behind,
What you trusted to be stable
turns to quicksand ,Before your
eyes
a kind of gravel that breaks
apart dragging you into a
gouging hole
But when you go to take step
hoping you won't fall
Just find your only miles
deeper than you were
The world around you passes by
Everything outside blurs along
with voices and hope
None of it makes sense anymore
Though when you try to crawl
out you plummet further
You can't remember how it began
As if you're in a spiral that
lasts forever
you know that when you would
give anything
To find a stable ground again
You'll lose every bit of what
you have now

Sadness is that feeling,
When the falling doesn't stop,
it robs your life of all
meaning,
all the good things you worked
so hard for
So when you finally hit rock
bottom,
you look back at everything
else
What you once had seems so far
away,

The only thing you can do is
cry wishing for others to hear,
Only for them to yell "save
yourself",
Telling you to try for
"happiness" and "hope",
Without knowing you've given it
your all
But they're just too busy with
their lives to realize,
It'd be a lot quicker if they
gave a ladder.



Feeling the icy kick,
the endless waves
Surrounding me ,
I flap my arms
Attempting not to drown,
in the end I wish saw land



-Pathetic vent

He was just a kid
7 or 8
He didn't know what he was
doing
Better not to think of it like
that
You whore



At one point
I told them the truth
They told me to tell someone
I didn't
Because I thought no one care
or believe me
I was right
They didn't



The beautiful
To someone else disappointing
When I thought I had done it
Others would rather go blind
staring at the sun
Because they only saw a mess



What happens to someone making
them fall in love
Happened to me
Loving them with all my heart
But knowing
they would never
Never see me the same if they
knew
I could never learn
Learn to be stable
Though my love only grew
But I wanted more than anything
for them to know
I worked so hard to keep
together
Only for it all to spill like a
waterfall
They now knew

What I had my eye on for so
long left and all I could do
was watch



Sunlight slanted through the
clouds
Tempting the flowers to grow
A day so calm leaving a warm
feeling inside enough to get me
through another day
Alive



Real life
Complicated and confusing
Degrading and demanding
It is and might be
Finding out what others have
been through
Realizing maybe you're not
alone And to keep you from
going through
enough to let their experiences
make who you may not like
You find May be the same as you
But to remember that everyone
has something to offer this
world
I couldn't, but you could



As stars are in the dark night
sky
are solutions to problems
A way to look at life
from someone else's perspective
To get a new set of eyes
To see things different For a
change
To make things easier to
process and understand
To help what hurts



I'm sorry for everything

I'm sorry for everything I did
and didn't do
Confused and lonely
Once again like a remedy
For the emotional toll
To blame yourself
So others don't have to blame
themselves
A remedy
Written in a way to make you
think and feel the things most
valued



The age of innocence
Eye were always filled with joy
and curiosity
A smile that could brighten a
bleak winter night
A happy child
Best traits being personality
Having a special love for life
Being alive
Then life had a breakdown
No longer being the happy
little kid
Taking meds to distract from
the feeling
But still overwhelmed
Life no longer had the meaning
It once did
Suicide looked to be all that
was left
Writeing a suicide letter
Being sorry
But knowing it was the best
Minutes pass then realizing
Tearing apart the note
Rufuseing because in the end
No one cares
No one has to remember
No one has to know



Learning to allow your-self to
be
Just be there ,to exist
But
It felt normal to be lost
That's all life was and is to
me a never ending void
With nothing to be certain
Not knowing what'll happen
Never being sure what to do



We were old enough now
To be brave and no longer count
on gifts and presents
They told us being together
would be enough for us
But we still had a small pity
party like we always did
How can I even one more time
I might as well give up asking
for anything
I've asked since I could
remember
But it didn't matter
Not to them
I just have to accept that it
never happens and never will



Somebody Should Have Taught Him
but I remembered what you said.
I felt proud of myself,
the way you said I would,
though I said I shouldn't

I made a choice and
your advice to me was right
as the party finally ended
and the kids drove out of
sight.

I got into my own car,
sure to get home in one piece,
never knowing what was coming,
Now I'm lying on the pavement.
"The kid that caused this wreck
was drunk."
His voice seems far away.

My blood is all around me,
as I try hard not to cry.
I can hear the paramedic say,"

This kid is going to die."

I'm sure the guy had no idea,
that I would have to die.
But now the pain is cutting me
like knives stabbing into my
bones .
Maybe if he cared I'd still be
alive.
My breath is getting shorter,
I'm getting really scared.
These final moments, so
unprepared.
I wish that you could hold me,
as I lie here and die.
I wish that I could say
I love you and good-bye.



Forgetting life

I'll Always Be with You

His heart broken
Sitting in the car he had so
lovingly
restored and treasured I wish I
could have learned how to hate.
Don't blame yourselves I love
you." His note ended minutes
too late!

We heard many of them for the
first time.

His oldest friend,
told us about the time he was
frightened to have his picture
taken in kindergarten. "It's
easy. Just go like this,
as he grinned from ear to ear,
displaying the bright smile
that became
when a classmate became a
single parent,
He helped her care for her .

he wouldn't hurt her and her
children, and got her
car started. He followed them
home to make sure they arrived
safely.
friends revealed the truth
about why Mike never got the
new transmission we thought he
planned to install in his car
transmission
and instead bought two
transmissions from a salvage
So his friend could get his car
running
it just wasn't

right for the way he wanted his
car to perform.

His niece was born with
cerebral palsy. He learned how
to replace
her tracheotomy tube and how to
perform CPR, should the need
arise.

He learned sign language with
her

and they would "sing" together
in sign
language.

death, many came to comfort
and asked if they could do
anything to help

"Don't ever do this. Reach out
and ask for help!"

close friends met us to share
their grief, tell their stories
about

their friendship with him and
discuss the tragedy

ask for help

during his life. He has tried
to touch and save the lives of
those around him .

I've tried to commit suicide
several times.

This time I found

in my pocket and held onto it
His final letter contained
another important message. In
that letter

He told us, "I'll always be
with you."

Depression and suicidal
impulses
Ate me alive
I've struggled
I had someone
who reached out to help me,
I would still be here.
What if someone had
stopped them and asked them how
they were and really meant it?
That would have made the
difference between life and
death.



I
could not deal with the pain
and emptiness so I attempted
I spent
the night in I.C.U
The pills I took caused me to
stop breathing.
with everything going for me,
this event
in between what you once were
and who you are now
becoming a dance of life where
reality takes place.



I never thought about killing myself;
it just became a condition.
Kind of like catching a cold.
One minute you are fine
and the next minute
you are sick.
Whenever people would talk
about it
I would think to myself
I could never do that
Why would someone want to
do something so final,
so stupid?
Until I wanted to
I just wanted the pain to stop.
to the point where
I was willing to do whatever
it took to make that happen.
I felt like an inconvenience to
all of them.
for me when I need them because
they always have something more
important to do.

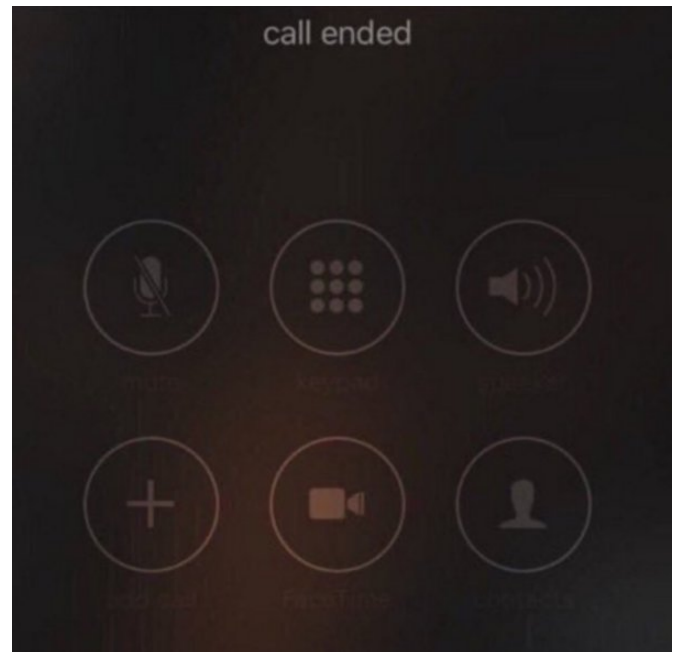
The friends I had were unable
to help me.
In their own words,
my problems
were "too much" for them.
The intensity of the pain
scared them,
like it did me.
It was me. What was wrong with
me?



Why is it so hard to love me
why is it
when it gets hard,
Everyone bails?

I was alone.
All I had were the voices
telling me I fucked up real bad
I was too needy
I was never going to be loved
by someone who knew me.
I wasn't even good enough
to be loved
by my own parents.

You know how, when you are
really hurting, you feel like
you can just
call them and tell them
How much it hurts and then
they'll only say,
", I am so sorry;
I didn't mean to hurt
you;
hang on, I will be right
there"?
I was crying,
I said it hurts too much,
please come talk to me.
They said they couldn't help me
and then hung up.



Life had had it with me
I lost any hope things would
change
Unless I did it
I went into the bathroom and
took 2 bottles of pills, a
couple pain pills I had
left, 100 and 20 all together
I wanted more but if I took any
more they would know
Soon the pain would be over.
It was a whole new kind of
pain. Physically,
I puked until I couldn't move.
I told myself if I die I die.
It didn't matter something
would change

Statistics show that
immediately after "trying"
suicide, they desperately want
to live not die, making it even
worse to think about those who
succeed.

unlucky for me, I didn't
But I hurt my body
Bad enough for my organs to
fail me
I only left myself in more pain
I scared and hurt a lot of
people. Really bad
I was blamed for everything
that went wrong
I did it to see who cared
It was supposed to be an
attempt
It only it led me to find out
it would be better
Better for everyone if it was a
commitment

I told myself after that
I would no longer attempt only
commit

I scared myself,
I realized really did want to
die
I hate myself every time
someone else finds out. It has
been 4 months since that night.
I found a friend who has gone
through a lot more hard stuff
herself.
My intense feelings didn't
scare her, She changed so much
now I knew what it meant for
someone to care about you
Life only gets a lot harder and
painful.
Sometimes it just goes numb

I've forgotten how to love
myself.
I don't think I really will
again



When an emotional injury
happens,
the body begins a process
as natural as the healing
of a physical wound.

Let that happen.
Trust your body
will do the healing.

Even if the the pain doesn't
pass,
going through something
anything.
will make you more sensitive
and aware.
Of it

In the back of my mind,
I tried to talk like my heart
wasn't aching,
As if I was better off and even
happier.
inside I looked
I could only see all the love
and time I had given

I walked around in a complete
daze and cried myself
to sleep every night.
I felt like something had been
torn from
me, like I was no longer whole.

One night
I couldn't stand it.
I had forgotten how to be by
myself
I could not imagine getting
through this on my own.
but it had become impossible to
love me.

I don't know at exactly what
point things started to change.

I was doing all I could to stay
busy.
Distract myself
so that I wouldn't feel that
hurt
I lent a sympathetic ear to
others
But it did nothing
All I did was cover a missing
limb with a Band-Aid and forget
about it.
I will cry and feel just as
much, if not more, pain
was worth it.

"Better to
have loved and lost
than never to have loved at
all."



I felt like I was seeing the
houses and the trees and the
world for the first time.

Of course I lost track of time

I to a nearby park and sat on
the swings and looked at the
Stars.

As I roamed around,
and when
the sky was starting to turn
light blue and pink with the
dawn.
finally at my house,
My key had barely hit the lock
on the front door when
I tried to play dumb. "Who are
you talking about, Mom?"

But she just stood there
blocking the doorway hands on
hips, face
contorted with anger and said;
"You're untrustworthy, you're
irresponsible, and you're a
disappointment."

was sure I was fine; and by the
time I got home, her worry and
stress and churning
imagination combined with her
fatigue and relief that I was
home safely
no longer wandering the streets
in the middle of the
night

finally boiled over,
and she exploded at me.
I was so shocked at her harsh
reaction shouldn't she be happy
that

I was actually safe and would
no longer have to cope with the
shame

I slammed my door and flung
myself
face down on my bed and cried
and cried at the grand
injustice that
was my life.



I didn't yell anymore
I didn't care anyway.

I went to school.
I was so racked with guilt
I just couldn't have the time
anticipated.
I was scared to go home
I was a crazy delinquent
for not being home in bed
at such a late hour.

I crept under the covers
why didn't I just think
think about
what I was doing
realize my actions affected
other people?

the situation got worse
The next time
While I sat in another bedroom
and cried



but at least I tried to settle
It
kills me,
So how could I
expect to understand what was
at stake for me
and at the time couldn't deal
with a conversation as a
slippery creature. A
conversation is a risk. A real
conversation changes the people
who have it.
It's about exchanging ideas,
considering other opinions,
shifting
positions. That's why
conversations are so difficult:
You risk changing
yourself, admitting you were
wrong, coming to appreciate the
other
person's perspective.



know exactly what to do.
Outside by the swing set,
I calmly tell how hurt I am,
how I feel that he misled and
betrayed me,
but it's really no
excuse for the way he acted. A
nd instead of being silent
I tell my mom how sorry I am to
make her worry,
but I also tell her why
doodles cover the edge of my
notebook and how my
shoes are always scuffed and
socks almost never match,
I listen to my mom's side of
the story and try to see
the situation from her point of
view.

It's not like I just settle for
everything she tells me,
either. I rarely help out



what my mother ultimately
wanted wasn't a slave daughter
who blindly obeyed
her every rule,
but a daughter
she could rely on and trust and
not stay
up half the night worrying
about.



And what I know now is this: If
only my mom and I had
done that deceptively simple
thing,
talking,
negotiating,
compromising until we agreed on
a set of privileges, then
we both would have gotten
something we wanted.



Truly loving another means
letting go of all expectations.
It means full
acceptance, even celebration of
another's personhood.



Help Me

I hear your loud screaming
As I scramble down under my
covers
Trembling and shaking
Your angry, hateful obscenities
are getting louder.
I try to cover my ears.
Your footsteps stop outside my
door.
Suddenly, the door opens up.
I shake in terror in the dark
As you shove me violently down
to the floor.
You start to yell at me,
Learning a long time ago to
shut up
I only listen, intimidated and
terrified.

A sudden blow on my cheek
interrupts my silent thoughts

Another to my back

My tiny legs, my head, my neck.
Stop!
I cry out, hurt
How am I not supposed to feel
traumatized
In agony I scream.

The only thing I get in return
is

Another strike for being too
loud.

Help me
Don't lie about my injuries.

Help me
Take me away from this
nightmare I'm in.

No one any one in sight
while her little girl is being
slammed
Against the wall.
All you do is stare in disgust
annoyed
Why aren't you helping me?
I can hear the sound of my
bones being bashed together.
I taste blood in my mouth.
yank me by my hair,
dragging me down the stairs.
Help me.
Under the light I can see my
scars
In My black-and-blue arms

My ears are ringing.
I look around, whimpering
"Shut up, the Neighbors will
hear!"

I cut short, scared to death.
As I lie here on the cold floor
Who is to rescue me?
No more comforting hugs.
Has he killed you already?
Mom?

There is never peace in this
house
Because everyone has to show
how mad or sad they are
Why
Why can't we be like everyone
else



Why? Why am I still here

I slowly drift away
Everything so blurry
Maybe I am dying,
Maybe that will be better
seems so blurry and distant.
I wake up the next morning,
The sun is shining on my face.
Rushed in to the ambulance
The lady in the car she looks
young
So young and kind
I want to tell her tell her
everything

I feel sick
so sick
Everything hurts

In the ER
I throw up
I throw up so Much
It burns
blood so black in the tub
I taste it in my mouth
The doctors come in
The Doctor's face clouds with
concern.
I nod as she asks if I'm okay.
But I'm not okay,



Make it stop

"Who did this?"

"Who would be so mean?"

Their questions had no answers.

They thought

They were as upset as I was,

but they were wrong.

I wasn't upset at all.

I was in shock.

So this is the truth,

I thought.

This is who I am

all the words around me

didn't heal the hurt

nobody said the three words I

needed to hear

most

"That's not true"



Im sorry

I'm sorry I'm not straight
I'm sorry I have anger issues
I'm sorry you gave them to me
I'm sorry I curse
I'm sorry I cut myself when I
can't cope
I'm sorry I obsess over my
weight
I'm sorry I love my mother
I'm sorry you don't..
I'm sorry I'm never home
I'm sorry you hate me
I'm sorry you want me dead
I'm sorry I was ever born
I'm sorry you want me to kill
myself
I'm sorry I want to
I'm sorry "DAD" I wasted your
time when I was in the hospital

I'm so sorry mom
I'm sorry I'm not your perfect
little girl.
I'm sorry for sharing my dreams
with the outside world

I'm so sorry
I'm sorry for not saying thank
you

I'm so sorry mom
I'm sorry for the tears I've
made you cry and waste on me
I'm sorry for not answering
when you called upon my name
I'm sorry for you waking up and
not finding me next to you
I'm sorry I couldn't be who you
wanted
I'm sorry for making you feel
unappreciated and unloved

I'm so sorry mom
I'm sorry for not saying Happy
Birthday
I'm sorry for being a nightmare
in your life

I'm so sorry mom
I'm sorry I changed
I'm sorry you don't see me the
same
I'm sorry I hate myself
I'm sorry you don't
I'm sorry for the promises I
made but never kept
I'm so sorry you had to birth
me and raise me just for me to
end up like this
I'm so so sorry mom



I want to die
I want to escape
I no longer want to live this
horrid life
For I am calling my fate
I'm calling time on my life

Why ask for help
No one cares
Life isn't fair
It won't be

It's a pathetic fact
I'm dying
pushed too far.
I Can't go on
Years later
the pain has not subdued.

I know what I'm doing is wrong
There is no tomorrow
There never was a good day.

Die
I just want to die



Dollar bills rolled nice and
neat
Now
it's turning three in the
morning
You're wasting your tongue with
lame excuses and lies
I'll tell your friends
that I lost my mind
Do the wires in your mind get
sewn together?
plain sight?
I'll start a fight
I hope
the problems
that make your life harder
Only get harder

You're sad because you're sad.
It's psychic.
It's age.
It's chemical.
take a pill,
To make it go away
or hug your sadness
like a child
you need to sleep.

all children are sad
some get over it.
Buy a coat or pet.
Take up dancing to forget.

Forget?
Forget what?
Your sadness, your shadow,
whatever it was that was done
to you
I am not my favorite child.

My darling, when it comes
right down to it
and the light fails and the fog
rolls in
you're trapped in your
overturned body
One that's apart of you
Unable to leave
under a blanket or burning car,

the red flame is seeping out of
you
and igniting your head
Your mind
eating at you
or else we all are.



The sun don't shine,
The skies turn gray
I feel it
coursing through my veins
I said before
It I'm not okay
But you don't listen anyway
You know I tried,
you then turned away
Straight out lied right to my
face
You fucked my life,
ruined my day
But you don't know
You don't know how you hurt me

Nothing can fill this silence
No one
can love like I did Nobody
cares,
you lied,
it's
Not fair,
you still deny it
So I will still say
Nothing can fill this silence
No one can love like I did
Nobody cares,
you lied
Not fair,
Yet you still deny it

And too bad I know I can't wake
up
Because I've lost my way,
and you don't give a fuck about
me
This could be a dream
I can't see the things that you
see, so please,

you had known
just to play along
You were my only
Now you're dead to me,
effectively
Removed yourself
outside my thoughts

Early,
pearly,
whites get blurry
I'm running on seconds,
I'm rigid,
I'm screwed
I'm better off all by myself
I can't feel happy in my head
My heart's been pouring through
my chest
But with the prose of a
standard English drunk, she
says

I'm sorry that I left
'Cause the pubs are empty and
they're closing up
If I had it my way, you'd sleep
on the concrete

I don't feel serene

So rude and always negative

I fell through corridors and
broken floors
I go where I want to
But I need to understand

Sometimes I act like I know
And you know you've gone too
far
You know it's always the same,
I'll make you know,
I'll make you know,
it's all just a game
And I think it's time for you
to lose

When should I stand my ground
I'm drowning,
let me breathe,
Sorry,
please excuse me for my mess
He's so beautiful
wish that was me
Though I'm feeling kinda empty
without somebody else
Fragile like I've never see

Phobias

AMAXOPHOBIA; fear of riding in
vehicles

ANDROPHOBIA;fear of men

ATAXIOPHOBIA;fear of disorder

BOTANOPHOBIA;fear of plants &
flowers

CLINOPHOBIA;fear of clowns

CREMOPHOBIA;fear of being alone

DENDROPHOBIA;fear of trees

ECCLESIAPHOBIA;fear of churches

EREMIOPHOBIA;fear of being by
oneself

EUPHOBIA;fear of good news

GEPHYROPHOBIA;fear of crossing
bridges

GERASCOPHOBIA;fear of growing
old

GLOSSOPHOBIA;fear of speaking
in public

KATAGELOPHOBIA;fear of ridicule

LYSSOPHOBIA;fear of going
insane

OCHLOPHOBIA;fear of crowds

ONEIROPHOBIA;fear of dreams

PLUVIOPHOBIA;fear of rain

SCIAPHOBIA;fear of shadows

TAPHEPHOBIA;fear of being
buried alive

TERATOPHOBIA;fear of monsters

THALASSOPHOBIA;fear of the sea

TOCOPHOBIA;fear of childbirth

ZOOPHOBIA;fear of animals

Atelophobia;
the fear of not being good
enough.

Anthrophobia;
The fear of people and society

Dystychiphobia;
the fear of hurting someone.

Atelophobia;
fear of imperfection

Comfort

Nyctophilia

Once the night and the dark
brought fear

Until growing older
The night felt kind and
welcoming

The monsters under the bed
became close friends

Being alone at night brought
comfort

Laying in the dirt and grass
The night sky clear
Forgetting light pollution
The stars shining bright
Constellations noticeable

Getting rid of night lights
Opening the blinds letting
through the sweet moonlight,
filling the room
Being able to sleep without
fearing someone watching or
what hides in the dark



Aichmophilia

Keeping knives and razor blades
made me happy
They gave a feeling others
wouldn't understand
A feeling one could describe as
aichmophilia
Having them around felt nice
and safe
I wasn't crazy they just gave
me something to feel



A mothers love
what most would kill to get
to have
The care only a mother could
give
How could a mother hurt their
child without a care in the
world?
No remorse
How?
Why?
Why break apart a child made
from your own blood and bones?
Or one you were to nurture and
raise as your own?
How to be so heartless?
How toward something so
innocent
So fragile?
What you once were
What happened?
What changed in your head?



Thought I quit my psycho ways,
I swear I did
Said I told people about my
utterly pathetic problematic
life
They were my neighbors,
razor blades
different flavored pills
that I hid
So I'm definitely at my last
straw
I'm so gassed,
stuck in the past,
that's what I said

And till now
I never held you in my arms
So it's hard to be the one
you're not with
Instead full of anxiety
I was forever a part of me,
guess I wasn't
cut out for this



Hoping I get rid of all the
voices in my head

I opened a packet of
undeveloped cure
until
I got a prescription for a
bullet of lead
when I woke up
inside the hour
in a pool of my own sweat
I said
I'll never try to sleep again



instead
I took my pen
and started writing evidence
when I started making sense,
I found that
I had reached the end
,
I'm upset,
I have no friends,
you wanna bet,
you're just pretend?
You're just a pet confined
within the lines of writing,
you're not shit



it's not me,
I'm not used to the talking
an introvert
that had
converted feelings
into writing
Used to cope
with all my problems using
notes
With lots of rhyming
Used to hope for better days
whenever nights would have me
crying

I'm not lying
when I said that
I would rather die
than go back
To the times when I would try
my best to be the guy
they know
Trying to keep the demons at
bay
hidden far behind past my
eyelids
Living on an island
Engulfed with violence,
in my head
I have only ever had two pilots



the sun don't shine,
the skies turn gray
I feel it
coursing through my veins
I said before
It I'm not okay
But you don't listen anyway
You know I tried,
you then turned away
Straight out lied right to my
face
You fucked my life,
ruined my day
But you don't know
You don't know how you hurt me



Nothing can fill this silence
No one can love like I did
Nobody cares,
you lied,
It's not fair,
you still deny it
So I will still say
Nothing can fill this silence
No one can love like I did
Nobody cares,
you lied
Not fair,
Yet you still deny it



And too bad I know I can't wake
up
Because I've lost my way,
and you don't give a fuck about
me
This could be a dream
I can't see the things that you
see, so please,

you had known
just to play along
You were my only
Now you're dead to me,
effectively
Removed yourself
outside my thoughts



Early,
pearly,
whites get blurry
I'm running on seconds,
I'm rigid,
I'm screwed
I'm better off all by myself
I can't feel happy in my head
My heart's been pouring through
my chest
But with the prose of a
standard English drunk, she
says

I'm sorry that I left
'Cause the pubs are empty and
they're closing up
If I had it my way, you'd sleep
on the concrete

I don't feel serene



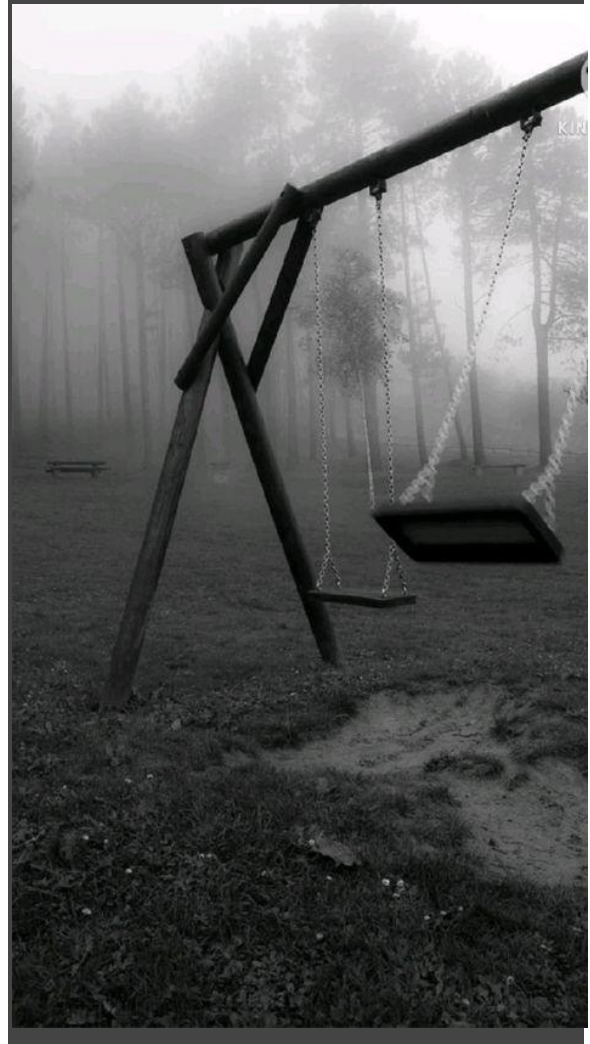
So rude and always negative

I fell through corridors and
broken floors

I go where I want to
But I need to understand

Sometimes I act like I know
And you know you've gone too
far
You know it's always the same,
I'll make you know,
I'll make you know,
it's all just a game
And I think it's time for you
to lose

When should I stand my ground
I'm drowning,
let me breathe,
Sorry,
please excuse me for my mess
He's so beautiful
wish that was me
Though I'm feeling kinda empty
without somebody else
Fragile like I've never seen



You won't get what you need
Don't tell me to listen
When I need to so bad,
but I can't see her
I'll be a believer if I ever
see trust
Surely, I'll go bite the dirty
dust
The bouncer's put you on his
third warning
You get too close
Shame,
shame,
shame on you
Someone to justify,
somebody to blame
I think it's time for you to go
My sour boy is in pain
And that's gotta count for
something
Makes me wanna believe
You're so afraid

And the consequence of your
desperation
I fell into your river
I'm better off all by myself



You knew,
you kept it to yourself,
All to yourself
knowing
It's not for you,
I can't feel happy in my head
I'm drowning
I can't breathe
Don't you know what to do?
I'm thinking of you
my eyesight is diminishing
nobody can see
It's time for you to leave
But your fist descends through
the condensation
you don't know how it feels to
be alone
But I've got an interactive
sick and twisted imagination



Don't you see how I...
I'm drowning, let me breathe
Yeah, fuck no
I should stand my ground
But you never showed for me
when I was ringing your cell
phone
I'm drowning, let me breathe
I'm better off all by myself
Be good for a minute, don't
want to admit it
I try to bite the bullet

I'll wonder if you're taking my
life
Or the one I love the most

Rubbed and severed by the heat
I'm sorry that I left
I want to want you,
But I'm really just a kid



And I don't want to be the one
to make you cry
I get lost on my way, searching
for liars
I hear you crying out for help
You're pretty when you do not
speak
But you're making it so hard

Counting my hours and knocking
on wood
I hear you crying out for help
If I had it my way, you'd sleep
on the concrete
But you never showed for me
when I was ringing your cell
phone
And when I need to just sit
down
When you got nothing to say
I hear you crying out for help
And I'm forgetting you
I guess it's different 'cause
you love him



You don't know how long I could
stare into your picture
you don't know how it feels to
be alone
you took too much
you're spitting spite as fast
as saliva
Sorry, please excuse me for my
mess
Now it's turning three in the
morning
I'm telling lies to keep myself
from hurting those around you
My heart's been pouring through
my chest
Any more words?
I think you've spoke enough
Did he ever make you cry?
You're so unsure
No, I don't feel too clean
Floor, what'd you say to me?
So predictable
But you never showed for me
My life sucks,
Avoiding my opposites
at night I try to finish it



He's got a heart of gold
I can feel mine start catching
on fire
I sit stubborn in your stomach
like your kidney stones",
and yet
You said that I'd feel better
I'm not sure they'd let you off
easily
You know it's always the same,
it's all just a game you
I see two moons and nothing
more
And when I need to just sit
down
I need to run,
but I can't
You get too close



MAKE

A

WISH

Don't tell anyone or it won't come true :)

the land is so dandy
give it a name
and say nothing more

I see two moons and nothing
more
I can't feel happy in my head
Sometimes I act like I know
But I'm really just a kid

you don't know how it feels to
be alone



Blurring the fact and the
fiction
I think I've lost my mind
Swallow the tablets and pills
I'm just pragmatic beyond any
reasoning
Any reasoning for thinking
I've got fucking rabies or
something

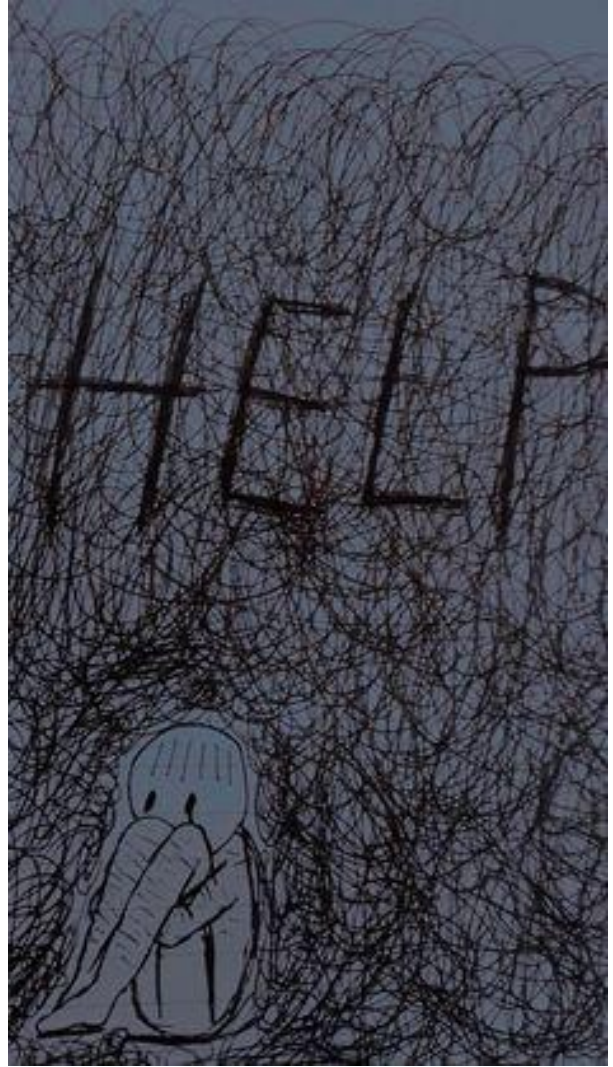
Slip the fate
slip the victory
I think this time I'm dying
Disintegrate
I think I've lost my mind
Void the plans friends are
making
I think this time I'm dying
I think I've lost my voice
I think I've made my choice
I'm a deceased ,playing victim
Maybe I could wake up and feel
alright

If I could just break one more
night
I think this time I'm dying
I think I've lost my mind
Sink secluded in hatred
I'm not melodramatic
I think I've made my choice



Your mama's crying
Your mama's crying for you
Your mama's lying
Oh, what's she trying to do
To you?
♪
Good times are singing
They sang,
they sang
Those times are echoing through
me
Through me
What's the softest way to say
You took away my friend,
my buddy?
What's the kindest way to say
You took away my friend?
What's the kindest way to say
You took away my friend,
my buddy?
What's the kindest way to say
The end?

Just take my wallet
by Jack Stauber



You said
that I'd feel better
That's where you told me lies
I fell into your river
Don't you see how I...
I'm better off
all by myself
You took my pride away,
but
You cannot take my life

I'll find another way
But this is where good guys die
I'll wonder if you're taking my
life



I know but I'm really just a
kid
I wanna make
Though I'm feeling kinda empty
without somebody else
And i don't know where my
soul's headed
You're so unsure
With two corks in his eyes
Hope to let go,
that's a start
but it's not that quick and
easy
Had a bit limited time
but I should
crying out for help
And just take you as you are
God, I hate myself,
I just wanna unplug
I'm drinking up bottles and
bottles of booze
You're so afraid
Sorry, please excuse me for my
mess

You weren't there,
So why you pressed by this?
Did I die?
I only talk to dogs because
they don't understand me
You won't get what you need
My heart's been pouring through
my chest
I need to purge my urges
But I'm stuck in my bedroom
I can't get out of bed for
anyone
This ain't good for my health,
Frozen willows that go for
miles
"Hope the saltwater ruins your
clothes"
I need to cry,
but I can't get anything out of
my eyes

You're staring at the floor
after all these years,
I found you

I close my door, I'm left with
less
How can you look at yourself in
the window pane
Without wanting to hit
yourself?
And it'll take a while,
but I'll start to smile
You cannot take my life
I'll find another way
Fragile like I've never seen
But you never showed for me
when I was ringing your cell
phone
I wanna be so much more
Would you like me a little
better
all I'm saying is
Take the one I love the most
It really hurts
Don't tell me to listen
Broken windows and broken
tiles
But I'm still here,
I'm not leaving
I must be disgusting rust
You know you've gone too far
With pissed-up eyes glossed
with early conversations
I wanna shoot him in the brain

I'm drowning, let me breathe
I'm sorry that I left
But life is immaculate, backing
it up a bit
And I hope you spend the rest
of your life sleeping alone
Just like what they told me

But I'm still here, I'm not
leaving
But I need to understand
I'm better off all by myself
Cause I'm not sure
Cuts go deeper
as my head goes nuts
The sun is fun,



Nobody knows who i really am
Neither do i
Isn't it scary to be so young
and ready to die
Missing you
comes in
waves.
Tonight
I'm drowning.



Nothing will help
They'll only give more med
More
&
more
So many my brain rots killing
me
Without a sound
They'll just talk till i choke
Just leave me be
Why is it so HARD??
Hospital visits one after
another
How does that help
Is it the insurance money you
want



I DON'T WANT TO GO BACK TO
THAT PLACE
"I was dying
to hear someone say
That I didn't need
to try so hard to be perfect,
That I was
enough and it was okay"
This isn't normal.
This isn't the way normal
people live.
I survive because the fire
inside me burns brighter than
the fire around me.
some children
are simply born
with tragedy
in their blood
we're only haunted
by the things we refuse to
accept
We're all just a bunch of drug
addicts struggling with the
drug of their choice
I spill all i do is spill
I spill like a broken faucet

Just stay
That'll be enough :}

PLEASE